

Introduction

The South Dakota Department of Health and its partners are pleased to release the “South Dakota State Plan for Nutrition and Physical Activity to Prevent Obesity and Other Chronic Diseases.” The plan was developed to address the emergent problem of overweight and obesity and the subsequent increased risk of chronic diseases such as cardiovascular disease, hypertension, and diabetes. Stakeholders from across the state collaborated, with support from a Centers for Disease Control and Prevention (CDC) grant, to develop this plan.



Planning Process

In 2004, the South Dakota Department of Health (SDDOH) received a capacity-building grant from the CDC. The purpose of the grant is to help states prevent obesity and other chronic diseases by addressing two closely related factors – poor nutrition and inadequate physical activity. The grant requires states to develop a comprehensive nutrition and physical activity

plan. A series of forums to gather public input were held and a statewide team of stakeholders was assembled. The stakeholders met several times to develop and approve the plan. SDDOH was the lead in the development of the plan.

The strategies described in the plan address issues that were determined to be priorities for South Dakota. The stakeholders analyzed available data sources, public input from the forums, and current resources to determine target populations. Within each of these target populations, stakeholders were asked to develop achievable and measurable objectives and strategies. For each target population, the strategies include science-based nutrition and physical activity interventions. These interventions are based on individual change as well as environmental and policy change.

Organization of the Plan

The stakeholders chose five target populations for the plan: parents and caregivers, schools and youth organizations, workplace, community, and health care. The stakeholders prioritized the objectives within each target population based on the greatest impact and importance for the state. Thus, the objective with the highest priority is listed first, and so on. The approach for parents and caregivers involves strategies that provide children and adolescents environments for healthy eating and physical activity. South Dakota children spend significant quantities of time with caregivers other than their parents such as daycare providers, grandparents, and out-of-school programs, so the interventions also target these individuals and organizations. Within schools and youth organizations, South Dakota intends to establish physical education and health education policies using the South Dakota Model School Wellness Policy as a guide. The strategies for the workplace center on development

of workplace wellness programs that promote a healthy environment for physical activity and nutrition in the workplace. In communities, the focus is developing wellness plans for physical activity and nutrition that include environment and policy changes. The stakeholders also chose to target health care providers and health care systems. The strategies include obesity prevention resources, continuing education opportunities, and core competencies in curriculum offered by medical, nursing, and allied health programs.

Next Steps

This plan is meant to be a blueprint for the stakeholders and other organizations, agencies, and individuals interested in implementing these physical activity and nutrition strategies. In order to positively impact overweight and obesity in South Dakota, the plan is meant for statewide implementation. One of the key factors of consideration is that this will take

involvement from individuals and state and local organizations and agencies. Partners in addition to those involved in developing the plan will be identified. The partners will implement certain objectives and strategies that their organizations and agencies have the resources to take on. While the strategies are broad, time should be taken at the state and local level to determine the tasks necessary to best implement these for each community and target group.

The developers of this plan are not alone in efforts to improve nutrition and physical activity for the state of South Dakota. The prevention sub-committee of the South Dakota



Comprehensive Cancer Control Plan identified nutrition and physical activity as two modifiable risk factors to lower the population's risk of cancers such as colorectal, stomach, breast, and prostate. The recently developed South Dakota State Nutrition Action Plan (SNAP) focuses on USDA programs such as school meals, Cooperative Extension, senior meals, Food Stamps, and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The SNAP objectives and tactics are compatible with this plan, which strengthens them both and increases opportunities for collaboration.

